

2. Briefly discuss the cause(s) and treatment(s) of depression from the perspective of each of the following psychological approaches.
- A. Psychodynamic/psychoanalytical
  - B. Biological/medical
  - C. Cognitive

**END OF EXAMINATION**

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**THE FOLLOWING INSTRUCTIONS APPLY TO THE BACK COVER OF THE PINK BOOKLET (SECTION II).**

- **MAKE SURE YOU HAVE COMPLETED THE IDENTIFICATION INFORMATION AS REQUESTED ON THE BACK COVER OF THIS BOOKLET.**
- **CHECK TO SEE THAT YOUR AP NUMBER APPEARS IN THE TWO BOXES ON THE BACK COVER (TOP LEFT AND RIGHT).**
- **MAKE SURE YOU HAVE USED THE SAME SET OF AP NUMBER LABELS ON ALL 1992 AP EXAMINATIONS.**

## PSYCHOLOGY QUESTION 2

### DEPRESSION

For each theoretical approach, the total number of possible points is three (for example, one anchor (necessary) point for the cause of depression, one anchor necessary point for treatment of depression, and one floating (discretionary) point). No more than one floating point can go to a specific approach (e.g.) psychodynamic. For each approach, that is, an essayist may be assigned a floating point for cause or treatment, but not for both. Half a floating point can be assigned to an approach if the answer does not merit a full point.

After points are awarded in each area, the entire essay should be read again for a qualitative evaluation. Particularly in cases where half points have been awarded, this qualitative evaluation will help determine whether the qualitative score should be rounded up or down.

Students do not get any credit for definitions of depression, listings of types of depression, listing of causes that are not linked to specific models, or listing of treatments that are not linked to specific models as these do not address the question.

## **Psycho-dynamic CAUSES**

Anchor: Internal (unconscious) conflict

Floating:

- a) stemming from problems during developmental (psychosexual) stages
- b) involving loss
- c) anger turned inward
- d) super - ego punitiveness

## **TREATMENT**

Anchor: Verbal therapy leading to insight or the recognition of the conflict (problem).

Floating:

- a) mention of a specific form of treatment (free association, dream analysis, analysis of transference).

## **Biological/ Medical**

### **CAUSES**

Anchor: Neurochemical or Neurotransmitter imbalance.

Floating:

- a) mention of specific Neurotransmitter (Norepinephrine or serotonin)
- b) seasonal affective disorder
- c) genetic predisposition
- d) stress if linked explicitly to biological model

### **TREATMENT**

Anchor: Therapy with drugs to increase the availability of Neurotransmitters

Floating:

- a) mention of specific drugs (trychoics or MAO inhibitors)
- b) ECT - particularly for severe depression
- c) light treatment for SAD
- d) lithium for bipolar depression

## Cognitive

### CAUSES

Anchor: Dysfunctional, faulty, irrational, or negative thoughts

Floating:

- a) mention of Ellis, Beck or Seligman
- b) learned helplessness

Note: Feelings do not equal thoughts. Students frequently confuse cognitive with humanistic approaches

### TREATMENT

Anchor: Therapy aims to correct dysfunctional thinking.

Floating:

- a) therapeutic strategies that teaches a person to recognize, challenge and change negative thinking
- b) engage in more positive thoughts or attributions
- c) stress inoculation therapy
- d) Rational Emotive Therapy (RET)

AP PSYCHOLOGY - 1992

SCORING LEGEND

Question 2

<u>Sample</u>	<u>Score</u>
S	9
Q	8
J	7
RR	6
KK	5
R	4
LL	3
N	2
K	1

AP PSYCHOLOGY 1992  
SCORING RUBRICS - SAMPLE QUESTIONS

Question 2

<u>Student</u>	<u>Score</u>
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S	9
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Comment

This essay is short and sweet. It covers all of the major points in each perspective. It is well written and well organized. It receives the highest evaluation from both a quantitative and qualitative perspective.

<u>Student</u>	<u>Score</u>
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Q	8
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Comment

Student's use of the terms "unconscious" and "repression" indicates understanding of the concept of an internal conflict stemming from childhood. States the use of various psychoanalytic techniques to "help patient recognize unconscious feelings." Student recognizes that neurotransmitter such as norepinephrine and serotonin are involved, necessitating the use of medicines. Student clearly knows that cognitive explanations involve how one thinks about the world. One would have liked a clearer differentiation of cognitive and behavioral approaches to treatment.

<u>Student</u>	<u>Score</u>
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J	7
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Comment

Student clearly states the role of "internal or unconscious thoughts" but only implies the concept of conflict. The use of the phrase "identity problems" suggests that insight is involved in psychoanalysis. Student covers the main points of the biological perspective. While the student clearly knows that the cognitive perspective involves "maladaptive interpretations of life: one would have liked to have seen a bit more clarity and detail in the paragraph.

<u>Student</u>	<u>Score</u>
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RR	6
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The paragraph on psychoanalytic perspective indicates an awareness of the role of the unconscious and childhood experiences, but the discussion of treatment suggests that the patient has no responsibility in treatment other than transferring "unconscious depressed thoughts on to the therapist." The role of the patient in achieving insight is totally missed. The student recognizes the role of a genetic predisposition and the use of medicines in treatment from the biological perspective. One could have hoped for some recognition of the medicating role of neurochemical or neurotransmitter. The confusion of Piaget (a developmental psychologist who studied the development of cognitive) with cognitive therapists is a frequent confusion. The rest of the discussion of cognitive perspectives was good.

<u>STUDENT</u>	<u>SCORE</u>
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KK	5
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COMMENT

In the discussion of the psychoanalytic perspective, the student refers to childhood experiences, but makes no recognition that these might cause internal unconscious conflicts. Consequences, no real knowledge of how psychoanalytic treatment works is demonstrated. The student gains the majority of points in the discussion of the biological perspective. The student demonstrates no awareness or knowledge of cognitive perspective. the lack of awareness shown by this student was not rare. many students did not recognize this major current perspective on the causes and cures of depression.

<u>STUDENT</u>	<u>SCORE</u>
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R	4
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COMMENT

In the discussion of psychoanalytic perspectives the student recognizes the role of the unconscious and childhood problems, but the discussion of therapy is weak. The discussion of biological perspectives uses the vague claim that this approach focuses on "the process of the body" which does not merit a score. The example of schizophrenia is inappropriate. The use of the phrase "mess-up of neuron travel" is inappropriate and vague. The most positive element in this section is the use of the nature-nurture concept. In the section on cognitive approaches there is mention of negative thoughts as a cause, but no discussion of therapy.

<u>STUDENT</u>	<u>SCORE</u>
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LL	3
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COMMENT

While there is a clear reference to loss this is not related to an unconscious or internal conflict. While free association is a technique of psychoanalysis, the essay does not indicate why it is used. The section on biological perspectives discusses treatment, but not cause. Like many other students, this student shows no knowledge at all about cognitive approaches to depression.

<u>STUDENT</u>	<u>SCORE</u>
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N	2
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COMMENT

While the essay uses the phrase "understanding the underlying cause of depression," there is no other indication of knowledge of the psychoanalytic perspective. There is only vague references to biological causes that amount to rephrasing the question. There is a specific mention of ECT although it is misidentified as the "most common treatment of depression." The essay confuses cognitive approaches with learning theory. This confusion was shown on other essays as well.

<u>STUDENT</u>	<u>SCORE</u>
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K	1
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COMMENT

The student manages to avoid a zero score by the use of the phrase "unconscious mind" and "oral fixations."



Write in the box the number of each question you are answering as it is designated in the examination.

2

Depression has been called the "common cold" of psychological disorders, and the treatment of it and interpretations of the causes are varied.

The psychoanalytical perspective sees depression as a result of internalized anger and frustration from the past. Treatment prescribed is to become aware of the sources of anger and frustration through therapy involving free association, breakdown of resistance, and the interpreting ~~of~~ of the latent ~~of~~ <sup>content</sup> of dreams.

The biological perspective sees depression as a combination of genetic influences and chemical imbalances triggered by an event. Studies have shown that relatives of people who have been depressed are more likely themselves to experience depression. It has also been found that depressed people lack enough serotonin and norepinephrine. Treatment of depression involves drugs inducing retention of production of serotonin and norepinephrine. In some cases, ~~as~~ electro ~~and~~ convulsion therapy have also been used to treat major depressions.

The cognitive perspective sees depression as the results of maladaptive attitudes/thinking processes towards traumatic events. A person may experience depression due to learned helplessness or perceiving an external locus of control. Depression is a vicious cycle, but it may be broken at any stage through changed ways of thinking either by therapy or other sources. ~~A person can~~

Write in the box the number of each question you are answering as it is designated in the examination.

2

According to ~~psychodynamics~~ <sup>psychodynamics</sup> depression is due to unconscious feelings which you cannot bring to your conscious. They believe these are repressed feelings that you cannot handle. This might be from ~~these~~ This repressions might be from your childhood experiences, which you cannot face. The psychoanalytic approach to treat depression uses different Freudian methods. They use free association in which ~~the~~ <sup>the</sup> patient talks and says everything that comes to their minds. Then the therapist can associate ~~the~~ what the patient said with other research to come to a conclusion to the problem. They also use dream analysis, in which you tell your therapist your dream (manifest) and he ~~interprets~~ <sup>interprets</sup> or finds the real meaning of your dream (latent meaning). This helps the patient recognize ~~their~~ their unconscious feelings and deal with them.

The Biological/medical approach believes depression is due to low levels of ~~norepinephrine~~ norepinephrine (adrenals) and you might have high levels of serotonin <sup>or neurotransmitter</sup> in the nerves <sup>which</sup> slow you down. To help patients to deal with depression they give medication like ~~like~~ like elivate.

~~The~~ Cognitive Psychologist believe ~~that~~ that depression is due to how you perceive or

Q

2

Write in the box the number of each question you are answering as it is designated in the examination.

think about the world. ~~Cognitive~~ Cognitive Psychologist might use ~~the~~ the methods to teach the client how to calm down in stressful situations, how to express their feelings to others, ~~it~~ and how ~~to~~ not to be shy, or embarrassed of saying what you believed ~~in~~ in front of others.

~~That~~ ~~These~~

Depression is a serious affective disorder in which one can not function in everyday life because they are constantly ~~on down~~ down. There are quite a few different explanations for depression. Psychoanalysts focus more on the internal or unconscious thoughts that might be causing the depression. Psychoanalysts believe that there are underlying causes that are in the persons unconscious making them feel hopeless and detached. The patient in this case doesn't know where the feelings are coming from but the psychoanalysts believe that the problems stem from past experiences that are too difficult for the patient to handle. From a psychoanalytical point of view, the treatment of depression would consist of having the patient identify and face the problems which are plaguing them and work through them.

From the biological stand point depression is a result of a chemical imbalance in the brain that causes severe mood swings. Neurotransmitters are believed to be off ~~and~~ when trying to reach receptor sites as a result drugs are administered. Call antidepressants.

Write in the box the number of the question you are answering  
as it is designated in the examination.

2

50

drugs such as Prozac and  
raise levels of hormones in body.

A cognitive psychologist believes  
more that depression is a result  
of maladaptive interpretations of life  
situations. The cognitive psychologist  
believes that the depressed patient  
must be taught to see the good  
in life situations.

Write in the box the number of each question you are answering as it is designated in the examination.

2

Each perspective of psychology certainly has its own approach to treatment of depression.

The psychoanalytic theory, modeled after Freud, focuses on the unconscious of the depressed person and asserts that depression is a result of a bad childhood experience. According to this theory, psychotherapy is the best treatment because it allows ~~that~~ the patient to transfer his/her unconscious depressed thoughts onto the therapist. Once the therapist has discovered the source of depression, he/she can choose the proper avenues for continued treatment.

The biological model asserts that certain people have a genetic predisposition to depression which they are born with. In an effort to alleviate this depression, backers of the biological model suggest medical therapy, which uses drugs to compensate for genetic imbalances.

The cognitive theorists, such as Piaget, tend to suggest that depression is a result of a person's inability to interpret information properly and apply it to their own lives. Treatment for depression according to cognitive

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Write in the box the number of each question you are answering  
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therapist includes the rational-  
emotive therapy which attempts to  
accomplish exactly what its name  
suggests. It attempts to allow people  
to be more rational<sup>ly</sup> emotionally  
and in their thought processes.

2.

Write in the box the number of each question you are answering as it is designated in the examination.

(B) The cause and treatment of depression from the perspective of biological/medical psychiatrist <sup>would</sup> ~~be~~ <sup>to</sup> first do a complete blood analysis on a patient and find ~~out~~ <sup>out</sup> their medical background. A biologist would be interested in the chemicals in the brain that might be causing the depression and what medication which be most useful in controlling it. for example for bipolar and manic depression lithium is a good medication to control it.

(C) For the cognitive psychologist depression would most likely be treated in a systematic procedure most likely by using the DSM-III which would follow basic steps in identifying the disorder and which treatment to follow.

A) In the psychodynamic and psychoanalytic approach the person's childhood experiences and social interaction ~~would~~ would be investigated to see if that may have influenced



Write in the box the number of the question you are answering  
as it is designated in the examination..

2

their adult condition and treatment  
would begin by trying to solve  
the childhood problems which  
in turn would change the depression

2

Write in the box the number of the question you are answering as it is designated in the examination.

of the body affect a person. For example, in studying schizophrenia, a medical/biological view would emphasize the mess-up of neuron travel in the brain as the cause rather than focus on a person's childhood. The biological/medical approach would also emphasize the nature side in the nature-nurture debate. They often emphasize that DNA and our genetic make-up would play more of a role than our upbringing & our environment.

Finally, we are presented with the cognitive approach which would emphasize the way a person uses his cognitive abilities, his thought processes. A cognitive psychologist would focus on how a person views himself, others, and society. And in studying this view, a cognitive psychologist may discover the roots to psychological problems. For example, if a person constantly has negative thoughts about himself or herself, then this could greatly explain why he/she is severely depressed.

Many psychologists don't cling to any one of these views but rather form their method through an eclectic approach, joining all of them.

Depression can be caused by many factors. Such as the death of a loved one, loss of job, or simply not being able to achieve what one set out to achieve. When dealing with a person suffering from depression, a psychoanalyst has a variety of techniques to choose from. One of which would be free-association. In this type of technique a patient would simply begin by discussing what is bothering them. The therapist would then take this and paraphrase to try and help patient see for him/herself what the problem is. The psychoanalytic approach tries to help the person change themselves. When trying to help a depressed person using the Biological/Medical approach the therapist would most likely use medication or shock therapy. This method of treatment is very controversial because it has been linked with memory loss, broken bones or even in some cases death. Medication may be of better use because the side effects are not as harmful. Lithium can be administered to a depressed person to help them out of such a state. The cognitive ~~ps~~ therapists can also help a person suffering from depression. Through

2

Write in the box the number of each question you are answering  
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LL 2

their major concern is the problem and not the treating it as opposed to the causes of it. When using a cognitive approach a consideration must be made due to the fact that there are circumstances beyond the patients reach that may be causing the depression. Group and family therapy would also be effective because this will help the patient as well as his/her environment. The family members can also help because they can avoid certain situations that could bring the person down into a depressed state.

Depression is usually characterized by a long period of anti-social behavior. The person might cry excessively, will not interact socially, and has no energy to do anything.

The most common treatment of depression has been electric convulsive shocks ~~treatment~~<sup>therapy</sup>. This treatment would be mostly used by a biologist.

Biologists believe that biological and physiological factors are what influences certain behaviors, such as in this case, depression.

The cognitive psychologist might take another frame of mind. Depression, in their eyes, is probably learned, either from our parents or our environment. If our parents were depressed then most likely we will because we learn and mimic our parents. ~~Some~~<sup>One</sup> possible treatment may be that the cognitive psychologist helps the patient to ~~understand~~<sup>learn</sup> how to deal with the cause of the depression and to make it disappear.

A psychoanalytical psychologist would treat depression somewhat similar. The psychologist would help aid the patient in understanding the underlying cause of depression, whether it was progressed since childhood. The psychoanalytic approach calls for an understanding of one's behavior and self. Accomplishing this will help in the treatment of the depression.

Most likely all of the different psychologists

2

Write in the box the number of the question you are answering as it is designated in the examination.

would ~~recommend~~ recommend shock therapy, but there are several dangers in doing this such as memory loss and even possible bone breakage. In ~~considered~~ considering which type of treatment, one should think about time, expense, but mainly focus on type of problem and curing it.

Write in the box the number of each question you are answering  
as it is designated in the examination.

2

K1

Depression ~~take~~ occurs in many degrees. In the psychodynamic phase, a person's exterior is examined yet according to Freud's psychoanalytic theory, everything is based on the ~~at~~ unconscious mind - which all related to sex. The causes of oral fixation may be as a result of ~~not~~ sucking on enough things as a baby. ~~In~~ The Biological causes of depression may be because a person sees a bleak future because she is constantly ill. A means of treatment may be an electroconvulsive shock. Medically, people may be depressed because they feel that why should they be ill. They have their whole future now in tatters because there's no cure for their sickness. The only treatment is talking- feedback. They have to learn how to cope with their sickness + be positive until all else goes wrong. The causes of cognitive depression may be a lost job or being constantly let down by your peers. At extreme cases, a person might want to ~~give~~ commit suicide. The treatment may be all in therapy. A ~~type~~ operation called a lobotomy may be done.

K

K 2

2

Write in the box the number of each question you are answering  
as it is designated in the examination.

The frontal part of the brain is removed.  
Many psychologists practice helping  
people with cognitive problems. These  
people can't keep functioning without  
order in their life. A Cognitive therapist  
helps them become sane.